



## State of Nevada – Department Of Personnel

### CLASS SPECIFICATION

<u>TITLE</u>	<u>GRADE</u>	<u>EEO-4</u>	<u>CODE</u>
HEALTH AND FITNESS SPECIALIST	32	B	10.628

Under general supervision, Health and Fitness Specialists develop, implement and coordinate programs and activities to promote occupational safety and health, physical fitness, and administer prescribed medical tests to evaluate health status. Programs may include general health and fitness, post-injury recovery and strengthening activities, and/or pre-employment screening or work hardening.

Evaluate the physical abilities, limitations, and functional level of participants; assess medical information; interview participant to obtain a health history; administer prescribed medical tests such as electrocardiographs, oxygen consumption and lung functioning tests; assess body composition and measure percentage of body fat; evaluate blood pressure levels; and conduct tests of strength and other tests necessary to perform a complete assessment of current health status and physical abilities; may evaluate physical environment including work sites, homes, and public areas.

Develop exercise regimens, incorporating physician prescriptions and recommendations of other treatment team members when applicable; specify goals, equipment or facilities to be used, and appropriate duration, repetition, and resistance of exercise.

Implement individual physical fitness conditioning programs by instructing the participant to perform structured exercise and endurance regimens based on current physical condition and level of functioning; follow physician recommendations and contraindications in implementing treatment including, if necessary, the redesign or reconstruction of exercise equipment and facilities to accommodate special needs; evaluate patient/client needs and develop a long-term, post-discharge physical fitness program.

Monitor and assess physical and behavioral factors by observing, testing and documenting patient/client activities; complete evaluations, note changes and establish program modifications as needed; perform first aid and cardiopulmonary resuscitation (CPR) in emergency situations according to established policies.

Maintain documentation of patient/client attendance and performance; document patient/client status and response to treatment via comprehensive evaluation, progress and discharge reports.

Participate in interdisciplinary team meetings to gather and disseminate patient/client information; provide oral and written reports to physicians and employers regarding patient/client performance; assist in establishing treatment team program goals for patient/client treatment.

Supervise therapy technicians assisting in implementation of treatment programs; assign patients/clients to therapy technicians; instruct technicians in specific treatment modalities, procedures for individual treatment plans, specific patient/client precautions and/or restrictions.

Participate in revising, developing and promoting health and fitness services; provide documentation for program evaluation and quality assurance studies.

Provide safety and health education to patients/clients and employers in the community.

Perform related duties as assigned.

\*\*\*\*\*

## MINIMUM QUALIFICATIONS

### SPECIAL NOTES AND REQUIREMENTS:

- \* Current certification in cardiopulmonary resuscitation (CPR).
- \* A master's degree in one of the identified majors may substitute for the experience requirement.

**EDUCATION AND EXPERIENCE:** Bachelor's degree from an accredited college or university in exercise physiology, physical education, recreation, biology, health education or science, nursing, occupational safety and health, industrial hygiene or closely related field plus one year of experience in one of the following: 1) developing, evaluating and implementing physical fitness conditioning programs for individuals with physical injuries and/or disabilities, 2) developing wellness programs for individuals or groups, or 3) developing occupational safety and health programs; **OR** certification as an Athletic Trainer by the National Athletic Trainers Association; **OR** an equivalent combination of education and experience. (*See Special Notes and Requirements*)

**ENTRY LEVEL KNOWLEDGE, SKILLS AND ABILITIES** (required at time of application):

**Working knowledge of:** physical and biological sciences such as anatomy, neuroanatomy, physiology, chemistry, physics, psychology, orthopedic and neurologic pathology, and human development; physical reconditioning techniques; physical/cognitive disabilities and limitations; operation, use and maintenance of standard equipment used in physical fitness reconditioning; safety and health risk factors related to work environments. **Ability to:** apply knowledge in physical education and exercise physiology in developing exercise programs for individuals with physical and/or cognitive disabilities; follow physician prescriptions and interpret instructions; identify safety and health risk factors and develop a correction plan; evaluate a patient's/client's level of physical functioning by selecting, administering and interpreting appropriate assessment instruments; accurately record information related to patient/client health status, progress and problems; write comprehensive evaluation, progress and discharge reports; coordinate and direct the activities of support staff involved in exercise programs; create, design, modify and adapt treatment programs and equipment to meet the needs of individuals with disabilities; observe non-verbal pain behavior and intervene as appropriate; communicate effectively with patients/clients, treatment team members and other health care professionals regarding patient/client activities, physical condition and progress; maintain positive working relationships with patients/clients, referral sources, peers and other individuals involved in the treatment plan; provide CPR or first aid in medical emergency incidents occurring during treatment services.

**FULL PERFORMANCE KNOWLEDGE, SKILLS AND ABILITIES** (typically acquired on the job):

**Working knowledge of:** medical and therapeutic skills as related to exercise therapy; testing and evaluation techniques used in exercise therapy; development and implementation of individualized physical rehabilitation programs; medical terminology and documentation procedures related to patient/client treatment, program assessment, medical history and medical services; physical, occupational and other related therapies; Occupational Safety and Health standards related to rehabilitation programs, health and safety; agency policies and procedures related to patient/client care including confidentiality and patient/client rights. **Ability to:** apply physical reconditioning treatment techniques to individuals with multiple and/or severe physical/cognitive injuries and disabilities; provide health services in a professional manner and promote a positive public image for the agency.

This class specification is used for classification, recruitment and examination purposes. It is not to be considered a substitute for work performance standards for positions assigned to this class.

10.628

ESTABLISHED: 5/19/77  
REVISED: 3/9/79  
REVISED: 9/14/81-3  
REVISED: 7/1/87-12P  
4/11/86PC  
REVISED: 7/1/99P  
10/2/98PC